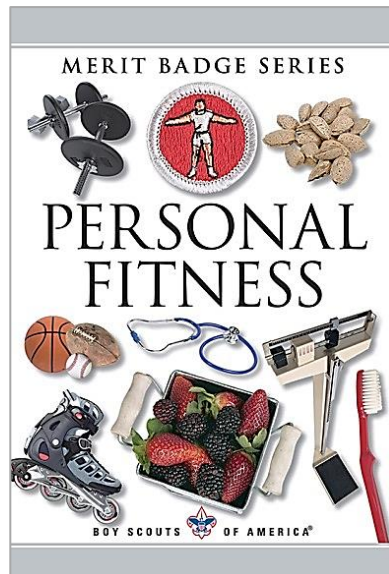




# Personal Fitness Merit Badge



*Eagle Required*

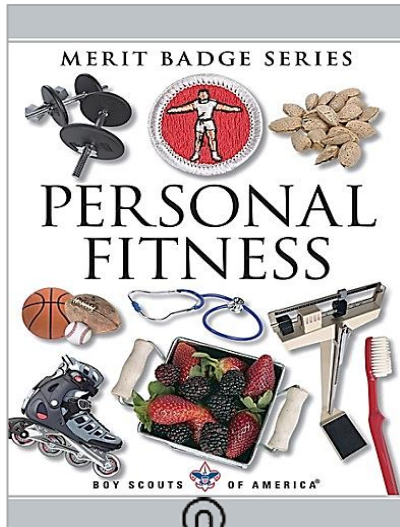


Produced by: **Scoutworks**  
[www.scoutworks.weebly.com](http://www.scoutworks.weebly.com)

May 2016



# What You Need to Complete this Merit Badge



Personal Fitness Pamphlet  
(from the troop library or the scout store)



Click on the link for instructions on how to fill it out



Blue Card  
(from your Scoutmaster)



Merit Badge Counselor



Personal Fitness Workbook  
(free just click on the link)



# Components of Personal Fitness

- Social fitness
- Mental and emotional fitness
- Spiritual fitness
- Physical health
- Physical fitness

## PERSONAL FITNESS

Your individual effort to achieve your optimal or desired quality of life.



# Signs of Poor Personal Fitness

- Obesity and poor muscle tone
- Persistent fatigue
- Often feeling pressured, tense, stressed out
- Frequent colds, flu, headaches, aches & pains
- Depression, anxiety, sleeplessness





# Social Fitness: Qualities of a Socially Fit Person

- A good listener
- Accepts others
- Knows his life priorities
- Able to handle peer pressure





# Social Fitness: The Scout Oath

## On My Honor...

- ...I will do my best
- ...to do my duty to God
- ...and my country
- ...to obey the Scout Law
- ...to help other people at all times
- ...to keep myself **PHYSICALLY STRONG**
- ...**MENTALLY AWAKE**
- ...and **MORALLY STRAIGHT**





# Social Fitness: The Scout Law

- Trustworthy
- Loyal
- Helpful
- Friendly
- Courteous
- Kind
- Obedient
- Cheerful
- Thrifty
- Brave
- Clean
- Reverent

Living the Scout Oath and Law helps a Scout live a healthy social life



# Mental & Emotional Fitness

- Closely connected to the other components of personal fitness
- Everyone worries a little
- A good family life is important to a healthy mind & body
- Your contributions are important to your families well being







# Spiritual Fitness

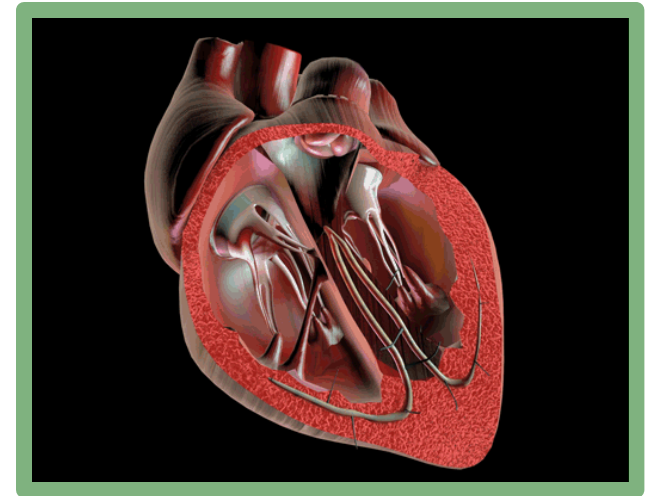
- Every Scout has a duty to God
- Active involvement in your religion is important for your spiritual wellbeing
- Religious principles you learn will help you to live by the Scout Law





# Physical Health: Heart Disease Risk Factors

- Smoking
- Obesity
- High blood pressure
- High cholesterol
- Diabetes
- Lack of exercise
- Family history of heart disease
- Gender (males are at higher risk)





# Physical Health: Seven Warning Signs of Cancer

- Appearance of any unusual lump
- Any unusual bleeding or discharge
- Any change in a wart or mole
- Chronic indigestion or difficulty in swallowing
- Persistent cough or hoarseness
- A sore that will not heal



# Physical Health: Common Immunizations

- Pertussis (whooping cough)
- Tetanus (every 10 years)
- Diphtheria
- Measles
- Meningitis
- Polio
- Mumps
- Rubella
- Hepatitis B





# Work on and complete Requirement 1

## DO THE FOLLOWING:

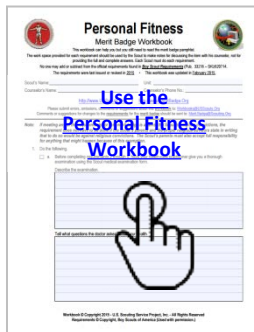
- a. Before completing requirements 2 through 9, have your health-care practitioner give you a thorough examination using the Scout medical examination form.

Describe the examination.

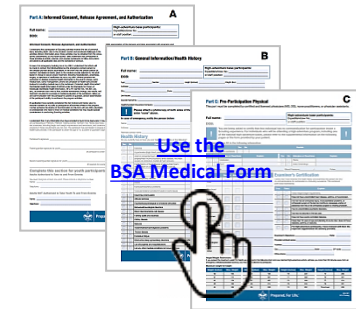
Tell what questions the doctor asked about your health.

Tell what health or medical recommendations the doctor made and report what you have done in response to the recommendations.

Explain the following:



1. Why physical exams are important
2. Why preventive habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.
3. Diseases that can be prevented and how
4. The 7 warning signs of cancer:
5. The youth risk factors that affect cardiovascular fitness in adulthood



- b. Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.



# Work on and complete Requirement 2

## DO THE FOLLOWING:

Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including:

- Components of personal fitness
- Reasons for being fit in all components
- What it means to be mentally healthy
- What it means to be physically healthy and fit
- What it means to be socially healthy. Discuss your activity in the areas of healthy social fitness.
- What you can do to prevent social, emotional, or mental problems?

[Use the  
Personal Fitness Workbook](#)



**Personal Fitness**  
Merit Badge Workbook

This workbook can help you do all the merit badge work you need.  
The work space provided for each requirement of this workbook is for the Scout to keep notes for discussing the merit with the counselor, not for providing the merit counselor answers. Each Scout must do their own work.  
No one may write answers for the other merit badge holder's. [Boy Scout Handbook](#) (Jan. 2016) - 2016-2017  
The requirement number is listed in the top right corner of each page.

Scout's Name \_\_\_\_\_  
Counselor's Name \_\_\_\_\_  
Date \_\_\_\_\_  
Counselor's Phone No. \_\_\_\_\_

<http://www.BSA.org> • <http://www.MeritBadge.org>

Please print your name, counselor, counselor's organization and the workbook. If you are a Scoutmaster, please print your name and the organization. If you are a Scoutmaster, please print your name and the organization. If you are a Scoutmaster, please print your name and the organization. If you are a Scoutmaster, please print your name and the organization.

**Note:** If you are a Scoutmaster, please print your name and the organization. If you are a Scoutmaster, please print your name and the organization. If you are a Scoutmaster, please print your name and the organization. If you are a Scoutmaster, please print your name and the organization.

**Get the Workbook:**

Before completing requirements 1 through 8, have your health-care practitioner give you a fitness evaluation using the Scout Physical Evaluation Form.

Describe the evaluation:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tell what questions the Scout asked about your health.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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# Physical Health: Six Basic Nutrients

- Protein
- Fat
- Carbohydrates (simple) and (complex)
- Water
- Vitamins
- Minerals

Your body's energy needs are expressed in terms of calories.

Only protein, fat, and carbohydrates have calories.

The quality of calories are just as important as the quantity of calories.



# Physical Health: Food Groups in Priority Order

- Vegetables
- Grains
- Fruits
- Dairy products
- Meats and legumes
- Fats and sweets



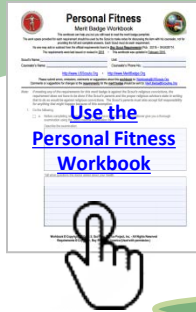




# Physical Health: Elements of Weight Control

- Good nutrition
- Behavior modification
- Exercise

When used together, these three approaches will help you control the amount of fat in your body.



# Work on and complete Requirement 3

## DO THE FOLLOWING:

With your counselor answer and discuss the following questions:

- a. Are you free from all curable diseases? Are you living in such a way that your risk of preventable diseases is minimized?
- b. Are you immunized and vaccinated according to the advice of your health-care provider?
- c. Do you understand the meaning of a nutritious diet and know why it is important for you? Does your diet include foods from all food groups?
- d. Are your body weight and composition what you would like them to be and do you know how to modify it safely through exercise, diet, and lifestyle?
- e. Do you carry out daily activities without noticeable effort? Do you have extra energy for other activities?
- f. Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?
- g. Do you participate in a regular exercise program or recreational activities?
- h. Do you sleep well at night and wake up feeling ready to start the new day?
- i. Are you actively involved in the religious organization of your choice, and do you participate in its youth activities?
- j. Do you spend quality time with your family and friends in social and recreational activities?
- k. Do you support family activities and efforts to maintain a good home life?



# Physical Fitness:

## Four Components of Physical Fitness

- **Cardiovascular endurance**

The ability to maintain an activity that involves a large portion of your body's muscle mass and is continuous and rhythmic

- **Muscular strength and endurance**

Strength - The ability of your muscles to contract and exert force against an opposing force.

Endurance – The ability of your muscles to contract repeatedly or hold a condition against an opposing force.

- **Flexibility**

Your joints range of motion.

- **Body Composition**

The percentage of your body that is fat or muscle.



# Work on and complete Requirement 4

## DO THE FOLLOWING:

Explain the following about physical fitness:

- a. The components of physical fitness
- b. Your weakest and strongest component of physical fitness
- c. The need to have a balance in all four components of physical fitness
- d. How the components of personal fitness relate to the Scout Laws and Scout Oath

[Use the Personal Fitness Workbook](#)



**Personal Fitness**  
Merit Badge Workbook

The workbook on this page is for the Scout's use to track his progress. The workbook is not to be used as a record of the Scout's progress. The Scout's progress should be recorded in the Scout's notebook. The Scout's notebook should be used to record the Scout's progress. The Scout's notebook should be used to record the Scout's progress. The Scout's notebook should be used to record the Scout's progress.

Scout's Name: \_\_\_\_\_ Council's Name: \_\_\_\_\_  
Counselor's Name: \_\_\_\_\_ Council's Phone No: \_\_\_\_\_

[View Scout's Progress](#) | [View Scout's Progress](#)

These merit badge workbooks are available in a separate sheet if you wish to print them. Contact your Scoutmaster for more information.

**Note:** If you are unable to complete the requirements for this merit badge, you may be asked to repeat the requirements. The Scoutmaster will be notified of your progress. The Scoutmaster will be notified of your progress. The Scoutmaster will be notified of your progress.

1. **Scout's Fitness**

Before completing requirements 2 through 5, your Scoutmaster will give you a thorough explanation of the Scout's fitness program.

Describe the experience:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tell what questions the doctor asked about your health.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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# Work on and complete Requirement 5

## DO THE FOLLOWING:

Explain the following about nutrition:

- The importance of good nutrition
- What good nutrition means to you
- How good nutrition is related to the other components of personal fitness
- The three components of a sound weight (fat) control program

[Use the  
Personal Fitness Workbook](#)



**Personal Fitness**  
Merit Badge Workbook

The workbook can help you do the merit badge work and help you understand the work you do as a part of the merit badge program. Use the workbook to help you understand the work you do as a part of the merit badge program. Use the workbook to help you understand the work you do as a part of the merit badge program.

Scout's Name: \_\_\_\_\_ Unit #: \_\_\_\_\_  
Counselor's Name: \_\_\_\_\_ Council's Phone No.: \_\_\_\_\_

<http://www.scouts.org> • <http://www.meritbadge.org>

Please print your name, council number, and unit number on the worksheet. [www.scouts.org](http://www.scouts.org)  
Counselor's name and phone number on the worksheet. [www.meritbadge.org](http://www.meritbadge.org)

**Note:** If meeting any of the requirements for this merit badge is against the Scout's religious convictions, the requirements shall not be applied to the Scout's parents and the parent religious authority shall be notified. The Scout's parents must also accept full responsibility for anything that might happen because of this activity.

**Scout's Essay:**

A. Before completing requirements 2 through 5, have your health-care practitioner give you a thorough examination using the Scout Health Examination form.

Describe the examination.

Fill in all questions the doctor asked about your health.

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# Physical Fitness: Fitness Program Elements

- Warm-up
- Aerobic exercises
- Strength exercises
- Flexibility exercises
- Cool down





# Personal Fitness: Next Steps

## Requirement 6

- Complete the aerobic fitness, flexibility, and muscular strength tests along with the body composition evaluation as described in the Personal Fitness merit badge pamphlet. Record your results.

## Requirement 7

- Outline a 12-week physical fitness program using the results of your physical fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.

## Requirement 8

- Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. For the body composition evaluation, compare and analyze your preprogram and post program body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.



# Work on and complete

## Requirement 9

### DO THE FOLLOWING:

Find out about three career opportunities in personal fitness.

Pick one and explain how to prepare for such a career.

Discuss with your counselor what education and training are required, and explain why this profession might interest you.

[Use the  
Personal Fitness Workbook](#)



**Personal Fitness**  
Merit Badge Workbook

The workbook can only be used for an official merit badge workday exchange. For more information on the requirements for this badge, visit the official website for the merit badge at [www.bpa.org](http://www.bpa.org). The requirements were last revised in 2023. The workbook was updated in February 2024.

Scout's Name: \_\_\_\_\_  
Counselor's Name: \_\_\_\_\_

Please visit [usafitness.com](http://usafitness.com) and [usapersonaltrainer.com](http://usapersonaltrainer.com) to learn more about the requirements for this merit badge.

**Note:** Following completion of the requirements for the merit badge as required by Scout registration conditions, the requirement does not have to be done if the Scout's parents and the proper religious authority agree in writing that the Scout should be excused from the requirements. The Scout's parent and the proper religious authority are jointly responsible for this decision.

1. **Check Activity**

Before completing requirements 2 through 5, have your health-care practitioner give you a thorough medical history using the Scout medical form request form.

**Describe the occupation.**

**What activities and/or information can you share about your health?**

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# Congratulations Scout!



**You have just earned your  
Personal Fitness  
Merit Badge**

